

# Toxic Stress Steering Committee

## Meeting Summary

December 12, 2014

### **Attendees:**

In person: Ming Qu, Kimberly White, Merry Wills, Katie Bohn, Renee Faber, Lynne Brehm, Brandon Verzal, Paula Eurek, Tiffany Mullison, and Mai Dang (reporting)  
On phone: Julie Rother and Kay Glidden

### **Welcome & Introductions**

Tiffany Mullison called the meeting to order at 10:00am. Steering Committee members introduced themselves and shared toxic stress incidents that came to their awareness during the week. Tiffany then previewed the agenda.

### **Review November 07, 2014 Meeting Summary**

Members accepted the November Meeting Summary as presented.

### **Strengths, Weaknesses, Opportunities & Threats [SWOT]**

Tiffany invited members to share their thoughts, add more ideas, and raise questions about the SWOT summary from the November meeting. As some members from the previous session were absent, those present offered elaboration and clarification.

- Strengths: “***Child unique identifier***” for early childhood data is helpful as it is a formal means to track children from birth to school age. Otherwise, we don’t have any way to locate children, and hence know about the environment they live on, before they start school unless they are in a program like Head Start or Sixpence.
- Weaknesses:
  - o There were different opinions about “***targeted attention***”, and the idea owner was not present at this meeting. The group agreed that membership diversity of this group might not represent the diversity of children in NE experiencing toxic stress. Julie will reach out to her contacts at reservations to participate in work groups or other extensions of the Steering Committee.
  - o Once we identify those who are impacted by toxic stress, the right people will be sent to each workgroup to do the work on the ground. The nature and number of work groups will be determined later.
  - o The end date of federal funding for this grant is July 31, 2016. The objective is to have a plan, implement and evaluate it, before this deadline.
  - o “***Define the problem***”: areas/problems of focus
  - o “***Needs to be assessed***”: knowledge gaps of what kids need.
- Opportunities: Paula defined the acronyms.
  - o Members suggested to add local Health Departments and Behavioral Health regions, Behavioral Health Education Center of Nebraska, NE Association of Infant Mental Health, Child Advocacy Centers, Foster Care Review Board, various Abuse Coalitions, religious organizations, and divorce classes to the list of potential partners.
  - o Newly elected policy makers: expand this opportunity

- Threats:
  - o Who will provide the education/message? Who should lead the front line players for consistency in the mitigation game?
  - o Workforce concern: There is a lack of people who are trained in early childhood and mental health together. Moreover, front line care providers receive very low pay. Another consideration is the stress level of the provider. A stressed workforce will have the same struggles as the families they are working with. Under that condition, there's no way they can deliver our strategies. Not to mention that on top of stressed workers would be children with special needs.

### **Identify Goal Areas & Priorities based on the SWOT:**

Paula directed the group to pick out outstanding bullet points from the SWOT handout and use them as main themes to capture key Strengths-Weaknesses-Opportunities-Threats. Paula used Ford Motor Co. as a model example.

### **ECCS Toxic Stress - Outcome(s):**

1. Toxic stress understood
2. Evidence-base strategies implementation
3. Data showing a decrease in toxic stress

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<b><u>Strengths:</u></b> <ul style="list-style-type: none"> <li>- Connected members</li> <li>- Focus on data/data-driven</li> <li>- Expertise</li> </ul>	<b><u>Weaknesses:</u></b> <ul style="list-style-type: none"> <li>- Competing demands</li> <li>- Lack understanding of problems and needs or scope</li> <li>- Lack of a unified data tracking system</li> <li>- Uncertainty about process/structure</li> </ul>
<b><u>Opportunities:</u></b> <ul style="list-style-type: none"> <li>- Lots of partnership</li> <li>- Lots of momentum</li> <li>- Increasing education opportunities</li> <li>- Data available</li> </ul>	<b><u>Threats:</u></b> <ul style="list-style-type: none"> <li>- Funding</li> <li>- Health care vs behavioral health roles uncertain</li> <li>- Lack of public understanding including policy makers</li> </ul>

### **Goal:**

Priority: a housekeeping step that can be managed by Richard and Tiffany to make it easier for members to operate:

- Structure/processes to be better defined

#### **1: The message of toxic stress:**

- Education: establish a better understanding of toxic stress across the spectrum
- Community support
- Publicity
- Common language

#### **2: Define the problem:**

- Data: incidents, scope
- Input from communities, providers, families
- Costs of toxic stress

#### **3: Optimize effective partnerships:**

- Identifying leadership/champions
- Achieving sustainability over time, whether this grant still exists or not.
- Engaging existing providers

4: Evidence-based strategies:

- Prevention strategies

5: Infrastructure:

- Resources development
- Policies

**Next Steps**

In the next meeting, the TSSC will work on objectives and activities.

Members agreed to receive Outlook reminders for the 2015 meetings.

The meeting concluded at 11:50pm.

**2015 Meeting Dates**

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Meetings are from 10am – 12pm, on Friday morning at the Nebraska State Office Building, 301 Centennial Mall South in Lincoln. January – October are the 3<sup>rd</sup> Friday of the month; November and December are the 2<sup>nd</sup> Friday of the month.

January 16, Room 5B	February 20, Room 5B
March 20, Room 5B	April 17, Lower Level Room F
May 15, Room 5B	June 19, Room 5C
July 17, Room 5B	August 21, Room 5B
September 18, Room 5B	October 16, Room 5B
November 13, Room 5B	December 11, Room 5B

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*Bring your ticket from Agee to the meeting for Mai to validate. Thank you.*